

HEALTH IMPROVEMENT MILESTONE CHART

Name: _____

Start Date: _____

Goal: _____

Target Date: _____

STATUS	MILESTONE DESCRIPTION	TARGET DATE	DATE ACHIEVED
	Consistent hydration (2L+ daily)		
	First full week of scheduled exercise		
	Improved sleep hygiene (7-8 hours)		
	Strength/Endurance baseline exceeded		
	Consistent nutritional balance		
	Body composition / Energy level goal		
	Long-term habit maintenance (30 days)		

OBSERVATIONS & REFLECTIONS